

**QUOTA REQUEST TO ATTEND: CHOW Course; Navy HP Basics Course, Level II; CHOW Course; ShipShape Program Facilitator Training; Tobacco Cessation Facilitator Training and/or Coaching for Healthy Behavior Change**

**Location: NEPMU5 (Navy Environmental and Preventive Medicine Unit Five); Naval Station San Diego; 3235 Albacore Alley San Diego, CA 92136; Quarterdeck Phone number: (619) 556-7070**

Name (First, Middle Initial and Last): \_\_\_\_\_

Rate/Rank and **Corps** (for Military) or GS Level and Title (for Civilians): \_\_\_\_\_

Command Name: \_\_\_\_\_

Command Address (Include Street, Box, or Building Number, if applicable and nine (9) digit Zip Code): \_\_\_\_\_

Command E-mail Address: \_\_\_\_\_

Personal E-mail Address if Available and unable to accept attachments at Command E-mail: \_\_\_\_\_

Primary and Alternate Phone Number (including DSN): DSN: \_\_\_\_\_

Primary #: \_\_\_\_\_ Alternate #: \_\_\_\_\_

Position at Command Related to Health Promotion & Wellness Program: \_\_\_\_\_

Is this a Primary Duty or a Collateral Duty for you? \_\_\_\_\_

**Please indicate which training you are requesting a quota for:**

\_\_\_\_\_ **\*Navy Health Promotion Basics Course, Level II: Monday, 23 Feb.**

\_\_\_\_\_ **Choose Healthy Options for Wellness (CHOW) Course: Tuesday, 24 Feb.**

\_\_\_\_\_ **\*\* ShipShape Program Facilitator Training: Wednesday, 25 Feb.**

\_\_\_\_\_ **\* \*\* Tobacco Cessation Facilitator Training: Thursday, 26 Feb.**

\_\_\_\_\_ **Coaching for Healthy Behavior Change (formerly Patient-centered Prevention Counseling), Friday, 27 Feb.**

\* Only individuals who have completed Navy Health Promotion Basic Course, Level I on NKO should plan to attend this training.

\*\* ShipShape Program Facilitator Training attendees must be at least an E-5 or civilian equivalent, be a non-tobacco user and serve as a role model for program participants. Active-duty attendees must be within BCA standards and have scored an excellent or above on the most recent PRT. Additionally, attendance at either the NMCPHC CHOW Course or the Mission Nutrition training offered by Navy Fitness MWR staff are required prerequisite training to attend the ShipShape Facilitator Training, except for dietitians or individuals who can provide evidence of a degree in nutrition.

All attendees must commit to facilitating the ShipShape Program at least twice each year.

\*\*\* Only individuals E-4 and above and who are tobacco-free for at least 6 months prior to the training should plan to attend the Tobacco Cessation Facilitator Training.

**Student check-in for all courses 0730. All classes will run from 0800-1630 except Patient-centered Prevention Counseling Training, which will begin at 0800 and end at 1200 noon on Friday.**

Return Quota Request Form to New: [NMCPHC-HPW-Training@med.navy.mil](mailto:NMCPHC-HPW-Training@med.navy.mil) or FAX to: (757) 953-0705. For further information, call (757) 953-0956 or DSN: 377-0956.

**Reminder: Deadline to Request Quota: Monday, 5 February 2015**

**Attendees will receive a Quota Letter with further details regarding the training shortly after the registration deadline.**